

adolescents and college students

Helping Students, Educators, and Administrators Understand Substance Use Disorders and Overcome Stigma and Discrimination



After growing up a fairly “normal” kid, my focus shifted from school, family, sports, and church to going to parties and getting drunk when I

turned 16. My alcoholism and drug use led me down a road to drop out of two colleges, quit playing sports, and separate myself from all the good people in my life who cared about me. Several years later, I reached out to my family for help. They found a place that was a non-traditional treatment program and truly helped me save my life. Things have changed since then. Not only did I clean myself up, but each day gets better. I decided that I wanted to give back and help others and started working in the drug prevention and treatment field. This has become my passion, from working with kids and adults to educating elected officials and community leaders. I have communicated anti-drug messages to millions of people through the media. I have even published a book with the hope of helping even more people escape the downward spiral of substance abuse or avoid it altogether.

Lucas A. Catton
Recovery Advocate

Substance use disorders affect millions of Americans, many of whom are under 21 years old. Approximately 8.8 percent of people aged 12 to 17 (or 2.2 million) and 21.2 percent of people aged 18 to 25 (or 6.8 million) suffer from substance dependence or abuse.¹ Overall, as many as 74 percent of Americans in general say that addiction to alcohol has had some impact on them at some point in their lives, whether it was their own personal addiction, that of a friend or family member, or any other experience with addiction.²

Substance use disorders can have an enormous impact on young adults and college students, making it difficult for them to relate to their peers and have successful academic careers. But young people who receive treatment and enter recovery can go on to lead successful lives.

Substance use disorders involve the dependence on or abuse of alcohol and/or drugs. Dependence on and abuse of alcohol and illicit drugs, which include the nonmedical use of prescription drugs, are defined using the American Psychiatric Association’s criteria specified in the ***Diagnostic and Statistical Manual of Mental Disorders***, 4th edition (DSM-IV). Dependence indicates a more severe substance problem than abuse; individuals are classified with abuse of a certain substance only if they are not dependent on the substance.³ For more information on the criteria used in defining dependence and abuse, consult the **2004 National Survey on Drug Use and Health**, which is available on the Web at www.oas.samhsa.gov/nsduh.htm.

Much has been written about substance abuse, dependence, and addiction; many studies have used different terminology to explain their findings. To foster greater understanding and avoid perpetuating the stigma associated with these conditions, the phrase “substance use disorders” is used as an umbrella term to encompass all of these concepts.

Adolescence and young adulthood is a time of growth and experimentation, and many young people experience a curiosity or pressure to use alcohol and/or drugs. The **2004 National Survey on Drug Use and Health: National Findings**, conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA), found:

- Among youths ages 12 to 17, 10.6 percent (2.7 million) are current illicit drug users.⁴
- Of young people ages 12 to 17 who said they currently used illicit drugs, 7.6 percent (1.9 million) used marijuana, 0.5 percent (126,000) used cocaine, 1.2 percent used inhalants (312,000), and 0.8 percent (211,000) used hallucinogens.⁵
- Among youths ages 12 to 20, 19.6 percent (nearly 7.4 million) were binge drinkers and 6.3 percent (2.4 million) were heavy alcohol drinkers.⁶ Binge use is defined as 5 or more drinks on the same occasion at least once in the past 30 days. Heavy use is defined as 5 or more drinks on the same occasion on at least 5 different days in the past 30 days. A “drink” is defined as a can or bottle of beer, a glass of wine or a wine cooler, a shot of liquor, or a mixed drink containing liquor.⁷
- Young adults aged 18 to 22 enrolled full time in college were more likely than young adults not enrolled full time to use alcohol, binge drink, and drink heavily. Within the past month, 62.4 percent of full-time college students (or 5 million) reported using alcohol, compared with 55.7 percent of people of the same age who were not full-time students (or 7 million).⁸
- In 2004, the rate of current illicit drug use among full-time college students was 20.2 percent (1.6 million people), which is lower than the rate among other people aged 18 to 22, including part-time students, students in other grades, and non-students.⁹

Additionally, SAMHSA found that 2.2 million youths aged 12 to 17 (or 8.8 percent) used prescription drugs nonmedically in 2004.¹⁰

High school and college students with substance use disorders are different from their adult counterparts, with their problems stemming from various causes. Stronger peer influences, physical and mental developmental issues, the presence of other disorders, and diverse value sets all need to be considered when treating youth with substance use disorders. Because of this, young people in treatment for substance use disorders need more specialty support than others.¹¹

Treating Substance Use Disorders

Like other chronic disorders that affect young people, substance use disorders are medical conditions that can be treated.^{12, 13} A major study published in the *Journal of the American Medical Association* in 2000 is one of several that demonstrate the success of treatments for substance use disorders.¹⁴ In addition, the treatment of both mental and substance use disorders can help prevent the exacerbation of other health problems, including cardiac and pulmonary diseases, according to SAMHSA's *Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse Disorders and Mental Health Disorders* in 2002.¹⁵ People with both a substance use disorder and a mental health disorder at the same time are said to have a co-occurring disorder.

Admissions to treatment programs among youth have risen. Between 1992 and 2002, the number of adolescents aged 12 to 17 admitted to treatment increased 65 percent, compared to the number of people of all ages admitted to treatment, which increased 23 percent in the same period.¹⁶

Treatment Programs Designed for Youth

There is no one method of treatment that is best for youth. To increase successful outcomes, treatment programs should be specifically designed to meet the needs of young people who suffer from substance use disorders.^{17, 18} Distinctive programming options for youth can include: family programming, psychiatric services, recreational activities, coordination of care, and other health care services. By providing flexible and available options, communities can help more young people with substance use disorders find a recovery path that is better suited to their individual needs.¹⁹

One barrier to achieving recovery is the limited availability of treatment programs designed particularly to meet young people's intricate needs.²⁰ The reality is that teens with substance use disorders have generally been overlooked.²¹ Communities can help reduce this barrier by promoting progressive assessment systems; providing additional funding to increase treatment capacity; implementing ongoing checkups to ensure a supportive recovery environment and encourage early re-intervention if necessary; and improving outreach to schools and health care professionals.²²

Specifically, new research has identified nine key elements of effective substance use disorder treatment for adolescents:

1. **Assessment and matching** – Assessment helps determine if the youth's needs match the services available, as well as the level of treatment intensity needed.
2. **A comprehensive and integrated treatment approach** – An effective treatment plan should address the adolescent's problems broadly, rather than focus solely on the substance use disorder.

3. **Family involvement in treatment** – Engaging parents or other family members increases the likelihood that a teen will stay in treatment and that progress will be sustained after the treatment program has ended.
4. **Developmentally appropriate programs** – Adolescent programs cannot simply be modified adult programs. Programs must address the many contexts that shape the teen's environment, such as school, recreation, peers, welfare, and medical care.
5. **Engaging and retaining teens in treatment** – Many teens who enter treatment do not think they have a problem. Finding ways to make treatment resonate with adolescents can make them more motivated to change behavioral patterns.
6. **Qualified staff** – To effectively address the unique needs of adolescents with substance use disorders, treatment programs should engage staff with specialized training and experience in diverse areas.
7. **Gender and cultural competence** – There are significant differences between males and females who have substance use disorders. Programs should recognize both gender and cultural differences in their treatment approach.
8. **Continuing care** – Adolescents' progress in treatment can quickly vanish if they do not have consistent support at home and in the community. Continuing care can include relapse prevention training and follow-up plans.
9. **Treatment outcomes** – Evaluations of treatment programs can offer crucial, in-depth insight into their effectiveness.²³

These recommendations are from a manual titled ***Treating Teens: A Guide to Adolescent Drug Programs***, published by Drug Strategies, a nonprofit research institute that promotes effective approaches to the nation's drug problems. This can be ordered through the organization's Web site at www.drugstrategies.org/teens/indexbottom.html. Also included on the Web site are listings of youth-centered programs and research about adolescents with substance use disorders.

Treatment and recovery programs tailored to meet young people's needs make a considerable difference in treatment outcomes. For example, a national study of treatment programs for adolescents in four U.S. cities found a decrease in drinking, illicit drug use, and criminal involvement among those who obtained treatment—in addition to better psychological and behavioral adjustments and improved school performance.²⁴ Family member involvement is also crucial to a young person's recovery because of their possible role in the origins of the problem and their ability to change the youth's living environment.²⁵

Counselors who want to help improve treatment for young people can become a member of a national learning community for the improvement of the field. The Society for Adolescent Substance Abuse Treatment Effectiveness, a SAMHSA program, links researchers and practitioners interested in improving the practice of adolescent treatment. For more information about how to get involved, please see the resources section at the end of this document.²⁶

Defining Stigma's Impact on Young People

Even though substance use disorders are medical conditions, and treatment is highly effective, stigma and discrimination can plague young people. Despite the effectiveness of treatment, stigma and discrimination present a barrier for people with substance use disorders who wish to access treatment. They also inhibit the ongoing recovery process. Stigma detracts from the character or reputation of a person. For many people, stigma can be a mark of disgrace.²⁷ In 2004, 21.6 percent of the 1.2 million people who felt they needed treatment but did not receive it indicated it was because of reasons related to stigma.²⁸



When I started doing drugs, my life as I knew it came to a sudden halt. Since I was 13 years old, drugs robbed me of having a chance to learn

how wonderful life can be. My dad found me a rehabilitation program, and while in the program, I finally realized that there was actually a solution to my immediate problem—there is life after drugs! I learned to live without drugs. Many do it. Many fail. You have to look at it as a fight for your life because that's what you are fighting to get back. You have to know that you are in control of your life. Being a heroin addict is not what I was destined to be. I just got side-tracked along the way. Now, I am happily married and work to help others fight this difficult battle.

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Senior Director for Administration

Stigma directed against young people with substance use disorders can occur when a young person's own family has a negative perception of the teen's disorder. For example, one study found that many parents are less willing to tell people in a group setting that their child uses illegal substances than to admit a child has depression or attention deficit disorder.²⁹

Discrimination, on the other hand, is an act of prejudice. It can include denying someone employment, housing, accommodation, or other services based on the revelation that the person is receiving treatment or has previously been treated for a substance use disorder.³⁰ Discrimination ignores the fact that substance use disorders can strike people of any age, gender, race, ethnicity, education level, and geographic area.³¹

Sometimes fear of discrimination can also act as a barrier to seeking treatment. Many young people fear disclosing substance use because of the potential legal consequences that may stem from admitting illegal drug or alcohol use. However, this delay in revealing a substance use disorder can actually lead to encounters with the legal system. Studies have shown that if families openly discuss their child's substance use without fear of any legal ramifications, more may be willing to share their story.³²

Discrimination can also continue to haunt young people long after they have begun their path to recovery. Some policies have delayed and/or denied financial aid for students who have been convicted of a misdemeanor or felony drug offense. Nearly 130,000 students applying for financial aid have been denied assistance because of such policies.³³ According to a survey for Faces & Voices of Recovery, 52 percent of American adults surveyed believe this type of policy is problematic.³⁴ Recently, President Bush took action to fight this type of discrimination by signing a bill that will help people with prior drug convictions regain eligibility for federal student financial aid.³⁵

More than any other group, young people are exposed to pressure to experiment with alcohol and drugs—but staff members in schools and health care settings are sometimes hesitant to openly confront young people with substance use disorders because of the potential damage of stigma, uncertainty about the severity of their disorder, and a lack of resources to help the students.³⁶ Focusing specifically on peer influences during treatment and on educational programming for youth can help them better understand substance use disorders.³⁷

The Importance of Educators

Fortunately, teachers, school administrators, and family members can have a positive impact by helping young people obtain treatment and eroding the societal stigma against youth in recovery by celebrating their successes. In fact, one-fifth of public school students received some type of school-supported mental health services in the year prior to a recent survey.³⁸ Teachers, coaches, and school nurses in particular have a valuable role in recognizing the symptoms of substance use disorders, which could include:

- Strained relationships
- Legal problems
- Money problems
- Motor vehicle collisions related to substance use or “driving while intoxicated” (DWI) citations
- Health problems
- School/work problems
- Depression/suicide attempts^{39, 40}

Education also is needed to ensure the public understands that trauma can be a factor in substance use. In turn, this outreach can assist victims of traumatic events. Among students from 7th to 12th grade in New York who knew someone killed or injured in the 9/11 terrorist attacks, 40,000 more students used alcohol, 24,000 more students used an illicit drug or a prescription drug nonmedically, and 15,000 more students sought help for alcohol or other drug problems. This underlines the importance of education about substance use disorders.^{41, 42}

Since school nurses participate in many aspects of prevention activities in schools, they may appear more approachable to students who face substance use disorders. In a recent survey, school nurses said they spent approximately a third of their time providing mental health services.⁴³ They can recognize the symptoms and provide counsel on treatment options and methods of care.⁴⁴

College administrators also can play an important role. According to a national survey, nearly 31 percent of college students met the accepted criteria for a diagnosis of alcohol abuse.⁴⁵ Many schools have “sober” or “wellness” floors, and to help students in recovery, some schools have set up specific “Recovery Dorms” to help them on their path through recovery. For example:

- At Case Western University, students have the option to reside in a substance-free, recovery-based house. This housing community assists students in developing healthy life skills while abstaining from alcohol and drugs. Residents also develop their own plans for continuing their recovery along with other personal health objectives. Students are encouraged to support each other by creating a safe place to live, study, and socialize without using substances.⁴⁶
- Rutgers University provides recovery housing where students can live with others who are in recovery to receive emotional, social, and environmental support. Emphasis is placed on school goals and socializing without alcohol and drugs. The recovery housing is confidential and anonymity is protected. The program has been in effect since 1988 and was developed by students in recovery.⁴⁷
- The StepUP Program at Augsburg College provides ongoing support to students in recovery who are willing and able to progress toward an academic degree through separate chemical-free housing, weekly individual support meetings, and community activities.⁴⁸

Other resources that help educators support students with substance use disorders are:

- The Office of Safe and Drug-Free Schools (OSDFS), a division of the U.S. Department of Education, provides financial assistance to educators for prevention activities and programs that promote the health and well being of students in elementary and secondary schools, as well as colleges and universities.
- The National Student Assistance Association (NSAA), the national membership organization of student assistance professionals, offers early intervention and training on alcohol- and drug-related problems in thousands of schools across the country. It also provides a broad range of prevention and support services for students affected by substance use disorders—either their own or that of a family member. For complete contact information, please see the resources listed at the end of this document.

- The Association of Recovery Schools (ARS) combines the support of students, secondary and post-secondary schools, and professionals to help students in recovery from substance use disorders. ARS also advocates for strengthening and expanding both high school and college programs committed to both academic and recovery goals.⁴⁹
- The March/April 2004 issue of ***Counselor Magazine: The Magazine for Addiction Professionals*** offers insight and tips for those working with young people with substance use disorders and helping them obtain specialized treatment and recovery. This issue can be accessed on the Web at www.counselormagazine.com/.

Many communities have started anti-drug parent peer groups and anti-drug coalitions that are bringing together new allies—such as schools, businesses, faith communities, and youth groups—to help stop drug use and underage drinking in young people.⁵⁰ Community coalitions are an excellent way to focus on issues particular to youth and college students. For more information on how to join or develop a coalition in your community, please refer to the “Building Your **Recovery Month** Coalition or Community Team” document in the “Resources” section of this planning toolkit.

Making a Difference: What Can I Do?

If you are a teacher, school administrator, or someone who spends time with young people or college students regularly, there are many ways you can help them on a path of recovery, starting with overturning misconceptions surrounding substance use disorders:

1. **Learn about recovery schools** and how to create one in your school district or university. Please visit the Association of Recovery Schools Web site at www.recoveryschools.org for more information.
2. **Become a mentor** or enlist a trained adolescent to mentor another youth with a substance use disorder. In addition to providing educational support, a mentor can provide advice, emotional support, and a caring relationship.⁵¹ Formal mentoring programs have become extremely popular, with 4,500 organizations that support mentoring activities, according to the National Mentoring Database.⁵² Mentoring relationships should be integrated into more comprehensive treatment to best meet the needs of at-risk youth.⁵³
3. **Offer student assistance programs**, such as educational support groups, treatment referrals, and counseling, to intervene and support both students with substance use disorders and students whose parents or siblings suffer from them.

4. **Provide strong drug education programming** from preschool through 12th grade, molded to each age group, culture, and the sophistication level of the students. Develop portions that specifically address stigma and discrimination. Tell students that substance use disorders are treatable, just like any other chronic disease. Take notice of the myths students believe about alcohol and drug use.
5. **Develop and enforce** substance-free policies.
6. **Research** various efforts in your community to determine if committees exist to improve the amount, coordination, and quality of services offered to youth with substance use disorders. Develop a strategic plan for making changes to build a more effective system.⁵⁴
7. **Create an environment that engages** parents and guardians in each youth's education, and specifically in matters dealing with substance use.
8. **Become a meeting place** for 12-step fellowships designed for youth.⁵⁵
9. **Create a recovery floor** or recovery dorm on campus.

Making a Difference: How Can I Contribute to Recovery Month?

Parents, teachers, coaches, counselors, school administrators, and other people who interact with young people can use the following tools to contribute to the 17th annual **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** in September. The theme for this year's **Recovery Month** is ***"Join the Voices for Recovery: Build a Stronger, Healthier Community."***

Here are some ideas you may consider:

1. **Invite** youth who have shown long-term commitment to their recovery to share with fellow students their stories of treatment and the hope and promise their recovery gives them for the future. Ask them to present their stories at an assembly or to other schools or write an article for the school paper. Consult each school and district's guidelines regarding the sharing of sensitive and personal information by the students. If students are not of legal age, obtain the consent of the parent or legal guardian before publishing the article or allowing the student to present.
2. **Raise awareness** among parents, guardians, and young people in your community by educating them about substance use disorders, treatment effectiveness, and recovery. You can do this by setting up educational tables or booths at shopping centers, grocery stores, libraries, county or state fairs, movie theaters, or other areas that are frequented by young people and their families.

3. **Establish** a drug-free day at a school or youth center. You can make the drug-free day a launching pad for an entire drug-free initiative in your school. Also, try to make the youth center easily accessible during students' free periods and after school.
4. **Role play** in health class so students can experience what it would feel like if they had a substance use disorder and the issues they would face, such as stigma and discrimination.
5. **Create a task force** in your community or develop a larger initiative to dispel myths and educate others that substance use disorders are treatable conditions and recovery is possible. Education and community outreach can help reduce stigma and discrimination and encourage those in need of services to seek help.
6. **Build a coalition** by working with local youth-focused organizations to develop broader initiatives for **Recovery Month**. Tips for creating a local community coalition are located in the "Resources" section of this planning toolkit.
7. **Plan a concert** or rally with local musicians. Have them educate young people about substance use disorders.
8. **Sponsor a health and community fair** with other schools and youth organizations in your area. Set up booths for local treatment centers specifically focused on young people with substance use disorders. Provide information on how your school works to prevent substance use disorders and the programs it provides to support young people in recovery, such as student assistance programs. Invite local politicians to speak about substance use disorders and discrimination. If your community already sponsors a fair of this kind, contact the organizers about including your organization in the festivities.

For additional *National Alcohol and Drug Addiction Recovery Month (Recovery Month)* materials, visit the *Recovery Month* Web site at www.recoverymonth.gov or call 1-800-662-HELP.

For additional information about substance use disorders, treatment, and recovery, please visit SAMHSA's Web site at www.samhsa.gov.

Youth and College Student Resources

Federal Agencies

U.S. DEPARTMENT OF EDUCATION (ED)

The Department of Education makes available information for students, parents, teachers, and administrators, including grants for anti-alcohol/drug programs.

400 Maryland Avenue SW
Washington, D.C. 20202-6123
800-872-5327 (Toll-Free)
www.ed.gov

ED, Office of Safe and Drug-Free Schools

This office provides information on drug-free school programs and activities.

400 Maryland Avenue SW
Washington, D.C. 20202-6123
202-260-3954

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS)

This government agency provides information and resources on substance use disorders and health insurance/Medicaid issues.

200 Independence Avenue SW
Washington, D.C. 20201
877-696-6775 (Toll-Free)
www.hhs.gov

HHS, National Institutes of Health, National Institute on Drug Abuse (NIDA) NIDA Goes Back to School Web site

NIDA Goes Back to School is a source of free information about the latest science-based drug abuse publications and teaching materials. The site is targeted toward teachers and parents.

6001 Executive Boulevard
Room 5213, MSC 9561
Bethesda, MD 20892-9561
301-443-1124
www.backtoschool.drugabuse.gov/

HHS, Substance Abuse and Mental Health Services Administration (SAMHSA)

This Federal agency improves the quality and availability of prevention, treatment, and rehabilitative services in order to reduce illness, death, disability, and cost to society resulting from substance use disorders and mental illnesses.

1 Choke Cherry Road, Eighth Floor
Rockville, MD 20857
240-276-2130
www.samhsa.gov

HHS, SAMHSA

Center for Mental Health Services (CMHS)

CMHS seeks to improve the availability and accessibility of high-quality community-based services for people with or at risk for mental illnesses and their families. The Center collects, analyzes, and disseminates national data on mental health services designed to help inform future services policy and program decision-making.

1 Choke Cherry Road, Sixth Floor
Rockville, MD 20857
800-789-2647 (Toll-Free)
240-276-2550
www.mentalhealth.samhsa.gov

HHS, SAMHSA, CMHS

15+ Make Time to Listen...Take Time to Talk

This program provides practical guidance to parents and caregivers about how to create time to listen and take time to talk with their children.

P.O. Box 42557
Washington, D.C. 20015
800-789-2647 (Toll-Free)
www.mentalhealth.samhsa.gov/15plus/default.asp

HHS, SAMHSA

Center for Substance Abuse Prevention (CSAP)

The mission of CSAP is to bring effective substance abuse prevention to every community nationwide. Its discretionary grant programs—whether focusing on preschool-age children and high-risk youth or on community-dwelling older Americans—target States and communities, organizations and families to promote resiliency, promote protective factors, and reduce risk factors for substance abuse.

1 Choke Cherry Road
Rockville, MD 20857
240-276-2420
www.prevention.samhsa.gov

HHS, SAMHSA, CSAP

GetFit

This interactive workplace Web site provides information about physical health, mental health, drugs, and alcohol. Its goal is to improve the health, safety, and quality of life for employees and their families across the nation.

www.getfit.samhsa.gov

HHS, SAMHSA

Center for Substance Abuse Treatment (CSAT)

*As the sponsor of **Recovery Month**, CSAT promotes the availability and quality of community-based substance abuse treatment services for individuals and families who need them. It supports policies and programs to broaden the range of evidence-based effective treatment services for people who abuse alcohol and drugs and that also address other addiction-related health and human services problems.*

1 Choke Cherry Road, Fifth Floor
Rockville, MD 20857
240-276-2750
www.csat.samhsa.gov

HHS, SAMHSA**National Helpline**

This national hotline offers information on substance use disorder issues and referral to treatment.

800-662-HELP (800-662-4357) (Toll-Free)

(English and Spanish)

800-487-4889 (TDD) (Toll-Free)

www.samhsa.gov

HHS, SAMHSA**Office of Applied Studies**

The Office of Applied Studies (OAS) serves as SAMHSA's focal point for data collection, analysis, and dissemination activities.

1 Choke Cherry Road, Seventh Floor

Rockville, MD 20857

240-276-1212

www.oas.samhsa.gov

HHS, SAMHSA**Substance Abuse Treatment Facility Locator**

This is a searchable directory of alcohol and drug treatment programs.

www.findtreatment.samhsa.gov

White House Office of National**Drug Control Policy (ONDCP)****National Youth Anti-Drug Media Campaign**

A comprehensive advertising and public relations program, the Media Campaign offers critical drug information for teens and tips for parents on keeping their kids healthy and drug-free.

www.freevibe.com

ONDCP, Above the Influence

This is a campaign designed to help teens become more aware of the influences around them and to stay above the influence of peer pressure.

www.abovetheinfluence.com

Family Resources**Association of Persons Affected by Addiction (APAA)**

This non-profit organization is designed to engage the consumer and recovery community voice in reducing stigma and enhancing services. The APAA specializes in providing recovery support services for people seeking recovery and their family members.

2438 Butler Street, Suite 120

Dallas, TX 75235

214-634-APAA (2722)

www.apaarecovery.org

Alliance for Children and Families

The Alliance for Children and Families provides services to non-profit child and family sectors and economic empowerment organizations.

1701 K Street NW, Suite 200

Washington, D.C. 20006-1505

202-429-0400

www.alliance1.org

Children of Alcoholics Foundation (COAF),**Phoenix House's Center on Addiction and the Family**

COAF focuses on information, support, and resources for families that have been affected by parental substance abuse, as well as practice improvement for the professionals who work with them.

164 West 74th Street

New York, NY 10023

646-505-2060

www.coaf.org

Faces & Voices of Recovery

This national recovery advocacy campaign mobilizes people in recovery from addiction to alcohol and other drugs, their family members, friends, and allies to end discrimination and treat addiction as a public health problem.

1010 Vermont Avenue NW, Suite 708
Washington, D.C. 20005
202-737-0690
www.facesandvoicesofrecovery.org

**Federation of Families
for Children's Mental Health**

This national parent-run organization focuses on the needs of children and youth with emotional, behavioral, or mental disorders, and their families.

1101 King Street, Suite 420
Alexandria, VA 22314
703-684-7710

**National Association for
Children of Alcoholics (NACoA)**

This national non-profit membership and affiliate organization works on behalf of children of alcohol- and drug-dependent parents and all family members affected by substance use disorders.

11426 Rockville Pike, Suite 100
Rockville, MD 20852
888-554-2627 (Toll-Free)
301-468-0985
www.nacoa.org

**National Association for Native American
Children of Alcoholics (NANACoA)**

This association provides a Native American framework for healing children of alcoholics.

6145 Lehman Drive, Suite 200
Colorado Springs, CO 80918
866-480-6751 (Toll-Free)
719-548-1000

**University of Baltimore Center
for Families, Children and the Courts**

This organization provides research, evaluation, technical assistance, and guidance to family and juvenile courts on substance use, addiction, abuse and neglect, domestic violence, and other family-related issues.

1420 North Charles Street
Baltimore, MD 21201
410-837-5613
<http://law.ubalt.edu/cfcc>

Child Welfare and Educator Resources**American Council for Drug Education (ACDE)**

The American Council for Drug Education is a prevention and education agency that develops programs and materials based on the most current scientific research on drug use and its impact on society.

164 West 74th Street
New York, NY 10023
646-505-2061
www.acde.org

Association of Recovery Schools

This association brings together students and secondary and post-secondary schools, and helps professionals to support students in recovery from substance use disorders.

145 Thompson Lane

Nashville, TN 37211

615-248-8206

www.recoveryschools.org

Center for Alcohol and Drug Research and Education

This international non-profit organization provides public information and technical assistance, guidance, information, and expert service to individuals, organizations, governmental agencies, and a variety of non-profit organizations in the private sector to improve the quality of their response to substance use disorders.

6200 North Charles Street, Suite 100

Baltimore, MD 21212-1112

410-377-8992

Child Welfare League of America (CWLA)

This membership organization has more than 1,100 public and private non-profit agencies promoting the well-being of children, youth and their families, and protecting every child from harm.

50 F Street NW, Sixth Floor

Washington, D.C. 20001-1530

202-638-4918

www.cwla.org

Community Intervention

Community Intervention offers educational materials, training, and consultation for professionals working with children ages 5 to 18.

2412 University Avenue, Suite B

Minneapolis, MN 55414

800-328-0417 (Toll-Free)

www.communityintervention.org

Join Together

This national resource for communities working to reduce substance use disorders offers a comprehensive Web site, daily new updates, publications, and technical assistance.

1 Appleton Street, Fourth Floor

Boston, MA 02116-5223

617-437-1500

www.jointogether.org

La Joya ISD

La Joya ISD is an independent school district in La Joya, TX, that offers programs and counseling for substance abuse prevention, education, and intervention. La Joya ISD

employs four counselors to conduct intervention and crisis counseling for students and to serve as a link to community resources for substance abuse counseling and/or inpatient treatment and gang counseling.

201 East Expressway 83

La Joya, TX 78560

956-580-5000

www.lajoyaisd.com

National Association of Public Child Welfare Administrators (NAPCWA)

This association is devoted solely to representing administrators of state and local public child welfare agencies, bringing an informed view of the problems facing families today to the formulation of child welfare policy.

810 First Street NE, Suite 500
Washington, D.C. 20002
202-682-0100
www.aphsa.org/napcwa

National Association of School Psychologists

The Association provides resources focused on enhancing the mental health and educational competence of all children.

4340 East West Highway, Suite 402
Bethesda, MD 20814
301-657-0270
www.nasponline.org

National Inhalant Prevention Coalition (NIPC)

Synergies, a non-profit coalition based in Chattanooga, TN, founded the NIPC as a public-private effort to promote awareness and recognition of the under-publicized problem of inhalant use. The NIPC serves as an inhalant referral and information clearinghouse, stimulates media coverage about inhalant issues, develops informational materials and a newsletter, provides training and technical assistance, and leads a week-long national grassroots education and awareness campaign.

322-A Thompson Street
Chattanooga, TN 37405
800-269-4237 (Toll-Free)
www.inhalants.org

Youth Resources

Augsburg College's StepUP Program

This institution conducts research and helps advance the field of recovery. Its StepUP program provides ongoing support to students in recovery who are willing and able to progress toward an academic degree through separate chemical-free housing, weekly individual support meetings, and community activities.

2211 Riverside Avenue
Minneapolis, MN 55454
612-330-1000
www.augsburg.edu

ASPIRA Association, Inc.

This association offers programs and activities dedicated to leadership development and education of Puerto Rican and other Latino youth.

1444 Eye Street NW, Suite 800
Washington, D.C. 20005
202-835-3600
www.aspira.org

Big Brothers/Big Sisters of America

This youth mentoring organization helps at-risk youth overcome the many challenges they face.

230 North 13th Street
Philadelphia, PA 19107
215-567-7000
www.bbbsa.org

Boy Scouts of America

The Boy Scouts of America offers character development programs and leadership training for boys.

National Office
1325 West Walnut Hill Lane
Irving, TX 75015
972-580-2000
www.scouting.org

Boys and Girls Clubs of America

This organization provides opportunities for recreation and companionship for children at home with no adult care or supervision.

1230 West Peachtree Street NW
Atlanta, GA 30309
404-487-5700
www.bgca.org

Californians for Drug-Free Youth, Inc.

This organization develops comprehensive prevention programs that identify, examine, publicize, intervene, and prevent alcohol, tobacco, and other drug use.

P.O. Box 620
Forest Falls, CA 92339
909-794-3229
www.cadfy.org

Camp Fire USA

Camp Fire USA offers services in areas such as youth leadership, self-reliance, after-school groups, camping, and environmental education.

4601 Madison Avenue
Kansas City, MO 64112-1278
816-756-1950
www.campfireusa.org

Children's Defense Fund

The Children's Defense Fund provides child welfare and health programs.

25 E Street NW
Washington, D.C. 20001
202-628-8787
www.childrensdefense.org

Community Anti-Drug Coalitions of America (CADCA)

CADCA builds and strengthens the capacity of community coalitions to create safe, healthy, and drug-free communities. The organization supports its members with technical assistance and training, public policy, media strategies, conferences, and special events.

625 Slaters Lane, Suite 300
Alexandria, VA 22314
800-54-CADCA (22322) (Toll-Free)
703-706-0560
www.cadca.org

Girl Scouts of the USA

The Girl Scouts are dedicated to helping all girls everywhere build character and gain skills for success in the real world.

420 Fifth Avenue, 15th Floor
New York, NY 10018-2798
800-GSUSA4U (800-478-7248) (Toll-Free)
www.girlscouts.org

Grace Street/The Garage**Recovery Center (GRC)**

Grace Street is a recovery/advocacy talk/music radio show in Portland, ME, committed to public advocacy. The Garage Recovery Center is a culturally relevant youth-centered indoor skatepark/store/coffee shop, art, and prevention counseling center.

47 Carriage House Lane

Bath, ME 04530

207-443-3504

www.wmpg.org

Junior Achievement

Junior Achievement educates and inspires young people to value free enterprise, business, and economics.

One Education Way

Colorado Springs, CO 80906

719-540-8000

www.ja.org

MENTOR/National Mentoring Partnership

This group is widely acknowledged as the nation's premier advocate and resource for the expansion of mentoring initiatives nationwide. MENTOR leverages resources and provides the support and tools that mentoring organizations need to effectively serve young people in their communities.

1600 Duke Street, Suite 300

Alexandria, VA 22314

703-224-2200

www.mentoring.org

National Capital Coalition**to Prevent Underage Drinking**

The Coalition offers educational materials to prevent underage drinking.

1616 P Street NW, Suite 430

Washington, D.C. 20036

202-265-8922

www.nccpud.com

National Education Association**Health Information Network**

This association offers resources on youth alcohol and drug use prevention.

1201 16th Street NW, Suite 521

Washington, D.C. 20036

202-822-7570

www.neahin.org/programs/substance/index.htm

National PTA Drug and Alcohol**Abuse Prevention Project**

This project presents drug facts, parenting tips, and family activities on protecting children from drugs and alcohol.

541 North Fairbanks Court, Suite 1300

Chicago, IL 60611-3396

312-670-6782

www.pta.org

National Student Assistance Association (NSAA)

The National Student Assistance Association (NSAA), the national membership organization of student assistance professionals, offers early intervention and training on alcohol- and drug-related problems in thousands of schools across the country.

4200 Wisconsin Avenue NW, Suite 106-118
Washington, D.C. 20016
800-257-6310 (Toll-Free)
www.nasap.org

RID (Remove Intoxicated Drivers)

RID's mission is to deter impaired driving and teen binge drinking that often leads to intense trauma for all concerned. Its members advocate for victims, enablers of tough laws, and watchdogs for law enforcement and adjudication in the courts.

P.O. Box 520
Schenectady, NY 12301
518-393-4357
www.rid-usa.org

Sigma Gamma Rho Sorority, Inc.

This sorority offers social services for communities around the nation.

1000 South Hill Drive
Cary, NC 27513
888-747-1922 (Toll-Free)
www.sgrho1922.org

U-Turn of SAARA, Inc.

U-Turn is dedicated to empowering disadvantaged people, especially youth, to improve their lives, thus enabling them to improve their communities and ultimately society.

7969 Ashton Avenue
Manassas, VA 20109
703-792-5928
www.saara.org

Health Care Provider Resources

American Association for Marriage and Family Therapy (AAMFT)

This association represents the professional interests of more than 23,000 marriage and family therapists throughout the United States, Canada, and abroad.

112 South Alfred Street
Alexandria, VA 22314-3061
703-838-9808
www.aamft.org

American Mental Health Counselors Association (AMHCA)

The AMHCA works exclusively for licensed mental health counselors by advocating for legislation that expands, enhances, and protects the right to practice, promotes mental health awareness, and builds the profession of mental health counseling nationally. Most mental health counselors are trained in substance abuse and are qualified to treat substance abuse and dually diagnosed clientele.

801 North Fairfax Street, Suite 304
Alexandria, VA 22314
703-548-6002
www.amhca.org

American Society of Addiction Medicine (ASAM)

This society increases access to and quality of treatment, educates the medical arena and the public, and promotes research and prevention.

4601 North Park Avenue
Upper Arcade, Suite 101
Chevy Chase, MD 20815-4520
301-656-3920
www.asam.org

Health Communications, Inc.

*Founded in 1976, Health Communications, Inc. (HCI) publishes several new titles per year for professionals and consumers. The company provides information and education to addiction and mental health professionals through **Counselor, The Magazine for Addiction Professionals.***

3201 SW 15th Street
Deerfield Beach, FL 33442
800-851-9100 (Toll-Free)
www.counselormagazine.com

NAADAC, The Association for Addiction Professionals (National Association of Alcoholism and Drug Abuse Counselors)

This membership organization serves addiction professionals who specialize in addiction treatment, prevention, and intervention.

901 North Washington Street, Suite 600
Alexandria, VA 22314
800-548-0497 (Toll-Free)
www.naadac.org

National Association of Addiction Treatment Providers (NAATP)

This association represents private substance use disorder treatment programs throughout the United States.

313 West Liberty Street, Suite 129
Lancaster, PA 17603-2748
717-392-8480
www.naatp.org

National Center on Addiction and Substance Abuse at Columbia University (CASA)

This center conducts research on the economic and social costs of substance use disorders.

633 Third Avenue, 19th Floor
New York, NY 10017
212-841-5200
www.casacolumbia.org

National Mental Health Association (NMHA)

This association is dedicated to promoting mental health, preventing mental disorders, and achieving victory over mental illness through advocacy, education, research, and service.

2001 North Beauregard Street, 12th Floor
Alexandria, VA 22311
800-969-NMHA (Toll-Free)
800-433-5959 (TTY)
703-684-7722
www.nmha.org

North American Family**Renewal Institute, Inc. (NAFRI)**

This institute researches, treats, and educates on all forms of addictive behaviors, and provides therapist training, public policy awareness, and specialized networking weekends for individuals in the recovery community.

8503 Schultz Road
Clinton, MD 20735
301-877-1577

Society for Adolescent Medicine

The Society for Adolescent Medicine offers advice for teens and parents on how to avoid alcohol and drug dependency.

1916 NW Copper Oaks Circle
Blue Springs, MO 64015
816-224-8010
www.adolescenthealth.org

**Society for Adolescent Substance
Abuse Treatment Effectiveness**

The Society of Adolescent Substance Abuse Treatment Effectiveness (SASATE) is a voluntary and informal network of researchers, evaluators, providers, and policymakers interested in pooling their knowledge and resources to improve the field.

301-587-1600
www.chestnut.org/LI/APSS/SASATE/

Treatment Resources
**California Association of Addiction
Recovery Resources (CAARR)**

CAARR educates and provides statewide recovery resources for alcoholics and people with addiction problems living in California.

2921 Fulton Avenue
P.O. Box 214127
Sacramento, CA 95821
916-338-9460
www.caarr.org

Caron Foundation

The Caron Foundation offers detoxification, gender-separate rehabilitation, relapse treatment, and extended care for adults and adolescents; educational programs for family members; and student assistance services.

P.O. Box 150
Wernersville, PA 19565-0150
800-678-2332 (Toll-Free)
www.caron.org

Drug Strategies

*Drug Strategies develops publications and programs focused on effective approaches to the nation's drug problems. This organization publishes a guide to treating youth with substance use disorders titled **Treating Youth: A Guide to Adolescent Drug Programs**.*

1775 Massachusetts Avenue NW, Suite 821
Washington, D.C. 20036
202-289-9070
www.drugstrategies.org

Hazelden Foundation

This non-profit, private treatment organization offers publications and programs for individuals, families, professionals, and communities to prevent and treat substance use disorders.

P.O. Box 11

Center City, MN 55012

800-257-7810 (Toll-Free)

www.hazelden.org

This list is not exhaustive of all available resources. Inclusion does not constitute endorsement by the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, or its Center for Substance Abuse Treatment.

Teen Challenge International

This network of 191 centers throughout the United States provides youth, adults, and families with effective and comprehensive faith-based solutions to life-controlling alcohol and drug problems. The Teen Challenge Training Center is an eight-month comprehensive residential treatment program that deals with the most acute cases of addiction, offered at minimal cost to the participant.

P.O. Box 1015

Springfield, MO 65801

417-862-6969

www.teenchallengeusa.com

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